

MICHAEL C. BRAUNSTEIN, M.D.

GASTROENTEROLOGY

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DIABETIC COLONOSCOPY PREPARATION

Please read these instructions the day you receive them

Please purchase:

- TRILYTE Bowel Prep kit- E-prescription
- 5 Dulcolax (Bisacodyl) tablets
- 1 Fleet's Enema (no mineral oil)
- MIRALAX (generic-polyethylene glycol) approx. 237g. E prescription or OTC

The week before:

- Don't take alcohol, aspirin, anti-inflammatory or iron products for one week before or after the procedure.
- Don't take Coumadin for 5 days before. Don't take Plavix for 3 days before.
- Tylenol is fine.

Two nights before:

- Take 2 dulcolax pills

The day before:

- Start a clear liquid diet. NO SOLID FOODS!! You can have: tea, jello, apple juice, clear broth, ginger ale, crystal lite, water. NOTHING RED.

The night before:

- Starting between 3 p.m. and 7 p.m, drink the TRILYTE as per directions on the box.
- **TAKE ADDITIONAL MIRALAX UNTIL YOUR STOOL IS COMPLETELY CLEAR.**
- Take 3 Dulcolax pills with water after you've finished the TRILYTE
- In the evening, drink several bowls *preferably of clear broth* (avoid fat), or several extra glasses of water or clear liquids in between doses of Miralax; the more the better!
- You can use Vaseline or any other lubricant around the rectal area to minimize irritation.

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The morning of the procedure:

- **DO NOT EAT OR DRINK ANYTHING** the day of the procedure!
- Administer 1 Fleet Enema ½ hour before leaving for the office. You can skip the enema if you're sure you're completely cleaned out.
- Take all heart and blood pressure medications using only a sip of water.
- Diabetics should hold their diabetic medications the day before the test and the morning of the test. Be sure to closely monitor glucose at home during the preparation and morning of the procedure. Bring medications and inhalers with you, if needed.
- **CALL** the office **BEFORE LEAVING YOUR HOME** on the day of the procedure, to confirm the time. (This does not apply if you are the first patient of the day.)
- You **CANNOT DRIVE** yourself or take a taxi home, after the procedure. A responsible adult must accompany you home.

If you need to cancel or reschedule your appointment, call us 10 days in advance.

Date: _____ Day: _____ Time: _____